

# The SAF Signal Volume Tracker: Monitoring Neurological Quiet

Core Goal: Transition from Policing Dietary Adherence to Tracking Mesolimbic Signal Volume (1 to 10) · Shared Agency Framework

## 1. Clinical Rationale: Homeostatic Fuel vs. Hedonic Signal Volume (PMID: 24706915)

The Shared Agency Framework (SAF) distinguishes between **Homeostatic Hunger** (biological fuel signals from the hypothalamus) and **Hedonic Craving** (dopamine-driven food noise from the mesolimbic reward pathway). Use this 7-day log across your weekly injection cycle to give your prescriber objective data on medication half-life coverage and cognitive quiet.

Patient Name / ID (Optional): \_\_\_\_\_ Current Medication & Dose: \_\_\_\_\_  
Injection Day/Time: \_\_\_\_\_

## 2. 7-Day Longitudinal Signal Volume & Half-Life Calibration Log

| Cycle Day & Date                 | Homeostatic Fuel Hunger? (Yes / No)                      | Hedonic Signal Volume (1-10 Scale) | Peak Noise Window (AM / PM / Night)                                                  | Protein Floor Hit? (1.2 g/kg)        | Mood / Energy & Tactical Action Taken |
|----------------------------------|----------------------------------------------------------|------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------|---------------------------------------|
| Day 1 (Injection)<br>Date: _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                          | <input type="checkbox"/> AM <input type="checkbox"/> PM <input type="checkbox"/> Eve | <input type="checkbox"/> Yes (____g) | _____                                 |
| Day 2 (Cmax Peak)<br>Date: _____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                          | <input type="checkbox"/> AM <input type="checkbox"/> PM <input type="checkbox"/> Eve | <input type="checkbox"/> Yes (____g) | _____                                 |
| Day 3<br>Date: _____             | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                          | <input type="checkbox"/> AM <input type="checkbox"/> PM <input type="checkbox"/> Eve | <input type="checkbox"/> Yes (____g) | _____                                 |
| Day 4<br>Date: _____             | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                          | <input type="checkbox"/> AM <input type="checkbox"/> PM <input type="checkbox"/> Eve | <input type="checkbox"/> Yes (____g) | _____                                 |

| Cycle Day<br>& Date                          | Homeostatic<br>Fuel Hunger?<br>(Yes / No)                | Hedonic<br>Signal<br>Volume<br>(1-10<br>Scale) | Peak<br>Noise<br>Window<br>(AM / PM<br>/ Night)                                            | Protein<br>Floor<br>Hit? (1.2<br>g/kg)  | Mood / Energy & Tactical Action<br>Taken |
|----------------------------------------------|----------------------------------------------------------|------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------------------|
| Day 5<br>(Trough<br>Onset)<br>Date:<br>_____ | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                                      | <input type="checkbox"/> AM <input type="checkbox"/><br>PM <input type="checkbox"/><br>Eve | <input type="checkbox"/> Yes<br>(____g) | _____                                    |
| Day 6<br>Date:<br>_____                      | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                                      | <input type="checkbox"/> AM <input type="checkbox"/><br>PM <input type="checkbox"/><br>Eve | <input type="checkbox"/> Yes<br>(____g) | _____                                    |
| Day 7<br>(Pre-<br>Dose)<br>Date:<br>_____    | <input type="checkbox"/> Yes <input type="checkbox"/> No | ____ / 10                                      | <input type="checkbox"/> AM <input type="checkbox"/><br>PM <input type="checkbox"/><br>Eve | <input type="checkbox"/> Yes<br>(____g) | _____                                    |

### 3. The SAF Tactical Action Key & Mood Safety Check

- **Volume 1 to 3 (The Quiet Window):** Prefrontal Cortex executive function is online. Execute standard Protein-First meals (25g to 35g protein per meal) and scheduled resistance loading. Do not escalate dose if Volume stays 1 to 3 and lean mass is preserved.
- **Volume 4 to 7 (Rising Trough Noise):** Common on Days 5 to 7 due to peptide half-life decay. Verify that true caloric under-eating on Days 1 to 3 did not trigger a compensatory ghrelin rebound; anchor meals with 30g protein + fiber + electrolyte hydration.
- **Volume 8 to 10 (Chemical Override):** Acknowledge as a neurochemical dopamine surge, never a moral failure. Log the pattern and review dose titration timing with your prescriber.
- **Same-Day Mood & Safety Alert:** If quiet shifts into persistent flat mood (anhedonia), worsening depression, or self-harm thoughts, contact your prescriber the same day or call/text **988** (Suicide & Crisis Lifeline).

**Advocacy Note:** Bring this completed 7-day log to your 15-minute consultation. Published by Her Metabolic Health / UNLIT Publishing (unLit Publishing LLC) · © 2026 Tumble and Sluice LLC · Educational tool; not medical advice.  
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